



## Adaptive Swim Lessons

The City of Surprise offers a adaptive swim lesson program based on the Starfish Aquatics Swim program. We focus on teaching swimmers to be comfortable in the water, to swim the competitive strokes, and to dive proficiently. The prerequisite for each level is the successful completion of the preceding level. Because we believe that each swimmer is different, passing a level may take several sessions.

Adaptive Learning to Swim	
Assisted Swim 1	Swim 1
<p>Children will focus on water comfort skills with assistance from a caregiver such as:</p> <ul style="list-style-type: none"> <li>• Water Entry and Exit</li> <li>• Rhythmic Breathing (Bubbles, Bobbing)</li> <li>• Front and Back Glides</li> <li>• Front and Back Floats</li> <li>• Flutter Kick</li> <li>• Scoops (Front Crawl)</li> <li>• Front Stroke (Supported)</li> <li>• Backstroke (Supported)</li> </ul>	<p>Children will focus on water comfort skills such as:</p> <ul style="list-style-type: none"> <li>• Water Entry and Exit</li> <li>• Rhythmic Breathing (Bubbles, Bobbing)</li> <li>• Front and Back Glides</li> <li>• Front and Back Floats</li> <li>• Flutter Kick</li> <li>• Scoops (Front Crawl)</li> <li>• Front Stroke (Supported)</li> <li>• Backstroke (Supported)</li> </ul>
Swim 2	Swim 3
<p>Children will focus on advanced water comfort skills such as:</p> <ul style="list-style-type: none"> <li>• Water Entry and Exit</li> <li>• Rhythmic Breathing (Bobbing, Retrieve Object)</li> <li>• Front and Back Glides</li> <li>• Front and Back Floats</li> <li>• Tread Water</li> <li>• Front Stroke (Unsupported)</li> <li>• Backstroke (Unsupported)</li> </ul>	<p>Children will focus on swimming in preparation for Special Olympic Swim Team such as:</p> <ul style="list-style-type: none"> <li>• Water Entry and Exit</li> <li>• Rotary Breathing</li> <li>• Tread Water</li> <li>• Survival Float</li> <li>• Front Stroke</li> <li>• Elementary Backstroke</li> <li>• Backstroke</li> <li>• Kicks (Scissor and Dolphin)</li> </ul>

### Assisted Swim 1

This class is designed for limited mobility swimmers. Swimmers must be accompanied by a caregiver.

### Swim 1

This class is designed for swimmers that are in the beginning stages of swimming. Swimmers may repeat the class as many times as necessary for skills to develop.

### Swim 2

This class is designed for swimmers that are in the intermediate stages of swimming. Swimmers may repeat the class as many times as necessary for skills to develop.

### Swim 3

This class is designed for swimmers that are interested in participating in Special Olympics Swim Team. Swimmers may repeat the class as many times as necessary for skills to develop. Information about the Special Olympics Swim Team is available by contacting the Community Recreation Services office.